

FDBA Domestic Coaches Drill Book: Body Movement & Control

Name: Team Tag

Drill No: J4

Description:

Mark out a 10 meter square as the play area.

Have 2 taggers and the other 8 are runners.

If you get tagged you have to stand in a designated balance position. I.e. stand on one leg.

Time how long it takes the three taggers to catch everyone.

Variations:

Once tagged you have to do 2 press-ups and then hold a press-up position. You can be freed by a free runner crawling, diving under your press-up position.

Points of Emphasis:

1. Stay low and athletic
2. Use change of direction

Diagram A.

